



THE BATH

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THE BATH:

A CONCISE

HISTORY OF BATHING,

AS PRACTISED BY NATIONS OF THE ANCIENT
AND MODERN WORLD.

INCLUDING A BRIEF EXPOSITION OF

THE MEDICAL EFFICACY AND SALUBRITY OF THE
WARM, MEDICATED, VAPOUR, SHAMPOOING,
SHOWER, AND DOUCHE BATHS.

WITH

REMARKS ON THE MORAL AND SANATIVE
INFLUENCE OF BATHING.

BY HORATIO MAHOMED,

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“ Bathing renders a man pure both in soul and body.”

Socrates Apud Platonem..

“ For the sake of health, cleanliness, and lastly, of pleasure.”

Clemens Alexandrinus.

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J. EVANS, 9, Portugal Street.

DEDICATION.

TO

HIS FATHER,

SAKE DEEN MAHOMED,

THIS WORK

IS

GRATEFULLY INSCRIBED,

BY

THE AUTHOR.

PREFACE.

BUT few words are necessary in introducing the following pages to the reader. They were composed during the short intervals of leisure the author possessed amidst the pressure of his numerous occupations; and, therefore, can claim little pretension to graceful construction or high literary finish; indeed, this was not the writer's object: nor was it his intention to advance any new theory for the mitigation of human suffering or the prolongation of human life; the system he advocates is one approved and adopted by a large majority of those to whom the public health is intrusted, and with whom it has always been found a most important auxilliary in combatting disease. The author has been somewhat liberal in quotation, conceiving that the unanimous opinions of the high authorities from whose works he has extracted, would carry with them greater weight than any personal assertions he might have advanced, more especially as interested motives might be supposed to have actuated him in discussing this question.

The bath, as a curative agent in disease, is still in its infancy, and its value as a preserver of health little known or appreciated; it is therefore the author's wish to draw the attention of the Medical Profession to it, with a view to its more general application and improvement, and of directing the notice of the public to the importance of adopting it as part of our national system of living: to this end these pages are dedicated.

CHAP. I.

“ And the booke of learnede men doth moreover tell us that the antient Greek dyd bathe his bodie with the steams of water, which he made to boyl; and in like manner dyd the Roman, who dyd also trim his bagnios with gold and silver, and costlie ornaments.”—*Old Tract.*

THE practice of bathing is found to have existed among all nations of antiquity. The custom of general bathing, and partial ablutions, formed a leading feature in the Mosaic institutes ; precepts evidently wisely inculcated to promote cleanliness among a people particularly liable to cutaneous disorders.* Washing the hands and feet is of frequent mention, and on various occasions, the bath is mentioned in Scripture as a sure remedy for diseases ; “ indeed, it is probable that the famous Pool of Bethesda in which so many lame, sick, and infirm people were healed, was simply a natural warm bath.”†

It is certain that in the days of king

* Levit. xv.

† Edinburgh Encyclopædia.

David and Solomon, bathing had become a luxury with the Jews, although, not to that extent which it had obtained in Greece; and that this luxury prevailed in Palestine, might be inferred from the speech of Naaman, the Syrian, when commanded to bathe in Jordan, “Are not Albana and Pharpar, rivers of Damascus, better than all the waters of Israel, may I not wash in them and be clean?”* But before this time, even in what is called the Heroic ages, if we may credit Homer, Moschus, and Theocritus, the bath was resorted to, and prized for qualities to be obtained in no other way. Thus Homer when singing of the flight of Venus† to the groves of Paphos, after sustaining the public disgrace of discovery in her amour with Mars.

“Concealed the *baths* in consecrated bowers,
The Graces unguents shed, ambrosial showers,
Unguents that charm the Gods! she last assumes
Her wondrous robes, and full the goddess blooms.”||

And again, Homer telling of the entertainments of Ulysses at the court of Aleinous, where he is bathed by attendant nymphs; the whole is exquisitely described. Pope continuing the story, thus translates,

* Kings chap. ii. 12. † Odys. vüi. 362.

“ That (nymph) in the tripod o'er the kindled pyle
 The water pours ; the bubbling waters boil ;
 An ample vase receives the smoking wave,
 And in the bath prepared my limbs I lave,
 Reviving sweets repair the minds decay,
 And take the painful sense of toil away,
 A vest and tunic o'er me next she threw.
 Fresh from the bath and dropping balmy dew ;
 Then led and placed me on the sovereign seat.
 With carpets spread.”*

From which quotation, the early custom of anointing after the bath, plainly appears. And the bath itself, was an article in the living of the ancients, that they rated so highly as to set it on a footing with the joys of wine, and the charms of the fair sex, and the three together were thought so sweet by the ancient men of pleasure, that life, in their opinion, was not worth keeping without them.—Balnea, Vina, Venus ; Balnea, Vina, Venus.

Homer, himself, when he describes a man newly come out of the bath, and anointed with oil, generally adds, that he appeared taller and larger than before, and was grown something like the immortals.

During the first ages of Greece, no other bathing than in the river was practised, and in which, we read the Princesses Nausicaa, Europa, and Helena bathed† ;

* Pope's Translation. † Hom. Odys. xv. 135.

but in course of time, we know the establishment of baths, private and public, became very general, and on a most magnificent scale. They were usually annexed to the Palœstra, of which, indeed, they formed a part, and consisted of seven divisions — 1, cold bath, called by the Romans “*frigida lavatio* ;” 2, elœothesium, or anointing ; 3, frigidarium, or cooling room ; 4, prassigneum, or entrance of the hypocaustum, or stove ; 5, the vaulted room for sweating in, or vapour bath, called concamerata ; 6, sudatio, or tepidarium ; 7, the hot bath, or calida lunatio.* The bath at this period, was the first refreshment offered to a guest.

The Romans who borrowed their idea of baths from the Greeks, as the very name *Theomœ* would imply, raised those Prodigious monuments of Roman magnificence in imitation of the Greek Gymnasium ; nor can there be any greater instance of the grandeur or rather luxury of the Romans, than these buildings present. The heating of baths among the Romans, is traced as far back as Augustus, for Dion Cassius informs us, that Mecœnas built a warm bath for swimmers ; but it

* Potters' Arch. Gr. lib. ix. 19.

is not known if the Romans invented the art of heating such immense bodies of water, or whether they brought it with them from their Eastern conquests.

From the name Theomœ, we should be led to expect that the use of the warm bath preponderated, and perhaps of all that relates to the bath, nothing has more puzzled the learned than to account for the manner by which hot water was supplied; for if we suppose, which is not unreasonable, that each bath contained six bathers, the Theomœ of Diocletian would contain eighteen thousand bathing at one time. Vitruvius says, they heated the water by means of three copper vessels, so disposed that the water flowed from one into the other, frigidarium, tepidarium, and calidarium; Cæsarian and Caporali, have engraved one above the other, the calidarium being directly over the furnace, Perrault places them on a level. The Theomœ of the Romans was not at first such a temperature as to be called *hot* baths, as we learn from Martial, that the use of very hot baths had become excessive in the time of Adrian and Severus; but afterwards, in Galens time, the very hot baths fell into disrepute.

The Romans used the currycomb or flesh brush after the bath ; Elphinstone thus translates, Martial Epig. x. 145.

“ Let Pergamussee gift thy person scrub ;
Thy cloths the scourer shall more rarely rub.”

So thoroughly were the Romans impressed with the luxury and advantage of bathing, that every means were adopted by the government to increase those advantages, eight hundred and fifty public baths were in daily operation in Rome.* Agrippa seems to have been one of the earliest princes to establish baths, where any of the citizens might obtain a gratuitous hot or cold bath at pleasure ; Nero, Vespasian, Titus, Domitian, Severus, Jordian Aurelian, Maximian and Dioclesian, who studied to gain the affections of the people, erected baths after his example.† With the ancient Romans the baths formed the most important item in the economy of their lives, to them it was an habitual and indispensable practice, they considered the bath as essential to their comfort and health, as we in our degeneracy regard a change of linen, and that this practice exercised a sanative influence on the people is beyond all ques-

* Sextus Rufus.

† Pliny Hist. Nat. lib. xxxiv. 13.

tion ; nor can better proof be adduced in its support than the fact, that in ancient Rome, during a period of certainly not less than five hundred years, no such profession existed as physician, or any class of persons practising the curative art. The inhabitants of Rome could dispense with physicians, by a most simple practice, the constant and habitual use of the bath. And we have tolerable evidence, that it was an efficient substitute for the doctor, in the energy of the Roman character, and the great bodily prowess of the people during this epoch.

The extent and magnificence of the Roman bagnios defies description, Ammianus Marcellinus* tell us they were built “in modum provinciarum,” as large as provinces ; and the accounts we have of their ornaments and furniture almost exceeds belief. Seneca, speaking of his countrymen in this respect, complains, that they were arrived at such a pitch of delicacy and refinement, as to scorn to put their feet on anything but precious stones ; and Pliny with a sigh, wishes good old Fabricius were but alive to see the degeneracy of his posterity, when the very

* Ammianus Marcelli, Lib. 16.

women must have their seats in the baths of solid silver.*

It was the custom of the Romans to take the bath immediately before a meal, and as it appears, according to the best authorities, they had but one regular repast, which was supper, for which the ordinary time was about their ninth hour, or three o'clock according to the present division of time, so the inference is that they bathed but once during the day. Upon the occasion of a public entertainment given by a noble or citizen of distinction, it was usual for the guests in the first place, to bathe with the master of the feast, and then change their ordinary clothes for the *vestis convivalis*, or *coenatoria*, a light frock; at the same time having their *solœ* or slippers pulled off by the slaves, that they might not soil the fine carpets and furniture of the couches.

The most remakable baths, were those of the Emperors Dioclesian and Antonius Caracalla, great part of which are standing at this time. The baths of Paulus *Æmilius*, those of *Livia* on the Palatine hill, remain nearly complete. There are, besides, slight

* Lib. 33, cap. 12.

remains of the baths of Constantius. It may not be unworthy of remark, that Michael Angelo was the architect, who converted the great hall of Dioclesian's baths into a church, with its enormous granite pillars, the only portion of the building left unstripped of its resplendent marbles ; the traveller can now see the stupendous arches, the splendid and stately pillars, the extraordinary quantity and beauty of the marble, the curious vaulting of the roofs, the immense number of spacious apartments, and a thousand other ornaments and conveniences, which render them objects of as great interest to the visitor as any other antiquities of Rome.

Nor have these sumptuous edifices escaped the notice of the poets of that period, among others, Juvenal in his 7th satire, complains,

“ *Balnea sexcentis, et pluris porticus, in quâ
Gestatur dominus quoties pluit ; anne serenum
Expectet spargatue luto jumenta recenti ?
Hic potius namque hic mundæ nitet ungula mulæ.* ”

And Slatius devoted a poem to the baths of Claudio Etruscus, Steward to the Emperor Claudio, he says,

“ *Nil ibi plebium, nusquam Temesœa Videbis,
Æra, sea argento felix propellitur unda
Argentoque cadit, labrisque mutantibus instat.
Delicias mirata suas, et abire recusat.”* ”

History has recorded no facts connected

with the Golden City of the seven hills, or the customs of its inhabitants, more worthy of our consideration than these. The fell destroyer as he strides the earth, crumbling to dust the marble temples of Imperial Cities, and in his fatal march weilding destruction to a nation's grandeur, and a nations faith, has left no relict more imposing, has spared no object more pregnant with matter for reflection and imitation, than the ruins of its venerable baths ; an unseen spirit seems to wander amid the fragments of its ancient grandeur, and tells to the wondering spectator a tale of Rome's greatness, of Rome's vastness, more graphic than the finest efforts of her renowned historians, or the highly wrought descriptions of her unequalled poets.

That the Romans who enjoyed dominion in our island nearly four hundred years, had their baths here, is evident from the frequent ruins found of them. At Hovingham, in the North Riding of Yorkshire, 1795, a Roman bath was discovered, which had its sudaria and vaporium.* And ten years afterwards, in taking down the abbey house at Bath, to build the new

* Camden Edit., 1787, iii. 85.

set of baths called the Duke of Kingston, the remains of a very large Roman bath was discovered with its sudatories, whose springs and drains were made use of for the present baths.

It is commonly supposed, that in the middle ages, bathing was wholly neglected, but we must not forget one recorded instance where the mention of a magnificent building of the kind occurs. Among the monastic conveniences of the middle ages, Hugh, the Sacrist of the Monastery of Bury, early in the 12th century, finished (we are told) the Aulam Hospitum and Vulneatorium of his house, and Samson, who was elected Abbot in 1182, appears to have completed the latter edifice upon a scale peculiarly grand for those times. *Aqueductum et aquam per rivulus derivatum et lavatoria opere mirifice et magnitudine miranda consummavit.**

Of the date at which the order of knights of the bath was first instituted, we have no precise information, some trace the institution of this honorable order to Saxon times, whilst Camden and others refer it to Henry the Fourth, A. D. 1399, and

* Leland Itin. vol. iv.

they give this anecdote in confirmation. The prince being in the bath, was told by some knights that two widows had come to demand justice of him, his majesty leaping out of the bath, exclaimed, “I ought to prefer doing justice to the pleasures of the bath.” This was the occasion, “and therefore,” says Camden, “he created knights of y^e bathe.” However, we have, what appears to us, indisputable evidence, that Richard the Second was founder, and limited the number to four, but Henry the Fourth increased that number to forty-eight. Hall, in his life of King Henry the Eighth, folio 213, says, “On Friday at dyner served y^e king, all such as were appointed by his highnesse to be knights of y^e bathe, which after dyner, were brought to their chambers, and that nighte were bathed and shrewen accordinge to the old usage of Englande.”

It was the custom to bathe before they received the golden spurs, but this was gradually dropt; however, it was this occasioned the denomination Knights of the Bath. The order long lay dormant, until revived by George the First.

Within the last two hundred years bathing has been greatly on the decline

in England. Bishop Burnett in the “History of his Own Times,” says, “He (King James the Second) went and visited the Queen at the Baths, where he stayed only a few days, and she continued on in her course of bathing.” But no mention is ever made of Public Baths ; or bathing being a general practice.

CHAP. II.

“ He that hath been in Italie, Turkey, and Germany, and hath seen how costly and well favouredly the bathes are trimmed and appointed in divers places there, would be ashamed that any strangers should look upon our bathes ; for he would surely accuse us Englishmen of ignorance, because we can trim our bathes no better ; of unkindness, because we doe so lightly regard so excellent gifts ; of grossnesse, because we are so uncleanly of body as not to use them.”—*Old Tract.*

In the northern and eastern hemispheres, and with our continental neighbours,—France, Italy, Holland, Germany, &c. &c., the bath is used to a considerable extent. The practice of bathing is rigidly preserved among the Turks, Persians, and, indeed, throughout the whole of Asia; and is intimately blended with their religious worship. It is possible their precepts on this head were borrowed from the earlier law of Moses. And their methods of bathing to the present time is exactly conformable to those of the Greeks and Romans.

In Ceylon the remains of baths are still visible : they also exist all over India. Mr. Atkinson, in his lately published work on Affghanistan, mentions the baths in Cabul,

&c. ; but, like all things really valuable appertaining to that unhappy territory, they are fast falling to decay.

The Turks and Persians have still vast edifices erected for the purpose of bathing, heated by means of pipes, receiving the light from the top : and though the use of the strigyl* may not have been preserved, proper friction for the excitement of perspiration is still used, and the instruments adopted by the ancients are replaced by rough cloths and flannels. In fact, Mahomedans consider bathing as necessary to life : the practice is as invariable as eating, drinking, or sleeping. It is thus with the Turks, who support public baths in every town, and, some say, every village. Mr. J. L. Stephens, in his most interesting volume, “*Incidents of Travel in Egypt*,” &c., gives an entertaining account of a vapour bath, which we must necessarily greatly abridge. He arrived at Minyeh, an insignificant town on the borders of the Nile, and, as he states, his first inquiry was for a bath, the answer was, it would not be heated for some hours, he waited in great anxiety and personal discomfort, till the appointed time, eight

* See Martials Epigram, x. 145.

o'clock p. m. And was surprised to find the building so large and comfortable ; however, his astonishment was of short duration, for no sooner had the time arrived, than to quote his own words, "The Turks and Arabs began to pour in, in throngs ; they came without any respect to persons. The haughty Turk with his pipe bearing slave, and the poor Arab boatman ; in short, every one who could raise a few paras."

After describing the bath and the modus operandi, with great minuteness and humour, our author continues, "I had been shampooed at Smyrna, Constantinople, and Cairo ; but who would have thought of being carried back to the seventh heaven at Minyeh ;" and concludes, by saying, "I left the bath a different man ; all my moral as well as physical strength was roused, and I no longer drooped or looked back."

Dr. Davy in his last most valuable and important work* speaking of the Turks, says, "The vapour bath is used by them regularly and commonly, at least, once a week. Wealthy persons have a bath establish-

* Notes and observations on the Ionian Islands, Malta, Constantinople, Turkey, &c. : Smith, Elder, & Co., Cornhill.

ment in their own houses. The public baths are numerous, and of prices suited to all ranks. The baths, the mosques, the bazaars, and the pleasant shady spots on the banks of the Bosphorus, are the principal places of resort.

In Russia, the use of the bath is general, from his imperial majesty the emperor to the poorest serf. "Towards the end of the week," says James, "the Moujik complains that his skin begins to itch, and whether it be summer or winter, his first leisure hour, if he possess but three copecks, (less than a halfpenny,) is employed in the bath, from which he commonly issues in winter time to roll himself in the snow." A recent traveller in Russia, describes their mode of operation as being a very formidable process : the bather is nearly suffocated by the intense heat, violently whipped with twigs of birch, called by the Russians venick, the leaves dipped in hot water, and whilst rushing from the operation hissing hot, the attendant dashes over him a bucket of cold water. This author concludes, however, by saying, "I then withdrew to a dressing room, dozed an hour on a suttee, and went out a new man."

The temperature of the Russian bath is usually about 120 degrees Fahrenheit, and frequently from 130 to 140 degrees Fahrenheit, which heat is readily borne by those who are accustomed to it, but is found somewhat oppressive to foreigners, until they become inured by use.

Dr. A. B. Granville, in an account of his journey to St. Petersburg, after describing the vapour bath with much minuteness, says, "The physical effects of a bath of this description, are highly favourable to the constitution; judging by my own feelings, I should be inclined to place it above every form of bath in general use, and I think, I am indebted to it for the removal of severe rheumatic pains, which, before, nothing seemed to alleviate. A Russian is apt to think that almost every disease to which he is necessarily liable from the severity of the climate, may be removed by the hot bath, and he flies to it on all occasions when ailing. This general impression on the minds of a whole nation, who are naturally keen observers, had its foundation on long experience, and although, not strictly correct to the full extent of it, is not to be contemptuously rejected as the effects of ignorance."

Most of those who have travelled in Russia, or in the Levant, where a similar kind of bath is used, with even greater frequency, by every class of people, can bear testimony to the efficacy, as well as the comfort of the Russian or Turkish bath; in their case, when afflicted with cold, rheumatism, cutaneous affections, or incipient fever. On two or three other occasions, besides the one already alluded to, I attended the same establishment in the course of five weeks spent at St. Petersburg, and each time, derived the full measure of benefit from it which I expected. I went there with every symptom of feverish cold, and returned quite well and continued so. The external temperature was on each occasion, seven and eight degrees below the freezing point, snow was upon the ground; in the anti-room, the temperature was 100 degrees, and in the bath room 132 degrees: yet, notwithstanding this striking difference of temperature, I walked home the distance of half a mile without the least inconvenience or ill effect.

Dr. Clarke, whose works of travel are so extensively known, says, "Through all Finland, Lapland, Sweden, Norway, and the vast northern empire, there is no hut so

destitute as not to possess its family vapour bath, whither all the family resort every Saturday at least, and every day in case of illness.

In Canada, also, during the winter months, the vapour bath is in great request. They construct their baths by piling up large stones in the form of a small chamber, by the side of a lake or river: a fire is then made inside, and is allowed to burn until the stones have acquired sufficient heat, when they sprinkle it with water: the bather then enters the bath, and lying down at full length, water is thrown upon the heated stones, and a mass of vapour immediately envelopes the patient; after which he is carefully wrapped in buffalo skin, and a copious perspiration ensues. During the months of January, February, and March, the extreme cold locks up the pores of the skin, and perspiration is consequently checked: this is entirely overcome by the above simple practice. All travellers who have visited the northern nations, bear ample testimony to the important benefits arising from the habitual use of the bath in those parts.

In fact, bathing appears to be a practice instinctively adopted by all nations and

tribes of the world. Throughout the whole of Africa, even amongst the most barbarous and uncivilized race of its inhabitants, bathing is a usage to which they devote a great part of their time. An African mother, it is stated, will cast her offspring into the sea or the lake, and eagerly watch its feeble struggles, with all the maternal pride that an European mother would regard her infants first efforts to walk ; thus early initiated, they become most expert divers and swimmers, indeed, so much so, that a late humourous writer, in an account of those parts, describes the inhabitants as amphibious animals, found on the coast and lakes of Africa, living for the most part in the water.

Nor would it seem, that this practise is unknown to the various tribes of American Indians, for it is related by a recent traveller, M'Cormack, in an account of his journey in search of a race of Indians in Newfoundland, that he discovered the remains of a vapour bath, which was in use among them. The method they took to raise the steam, was by throwing water on large stones, heated for the purpose in the open air, by igniting a quantity of wood around them ; after this process, the

ashes were removed, and an hemispherical frame-work closely covered with skins to prevent the escape of vapour, was fixed over the stones, the patient having provided himself with a small bucket containing water, and a bark dish to dip it out, crept in under the enclosure, and then by pouring the water upon the heated stones, was enabled to raise the steam at pleasure.

On the continent, bathing establishments exist in almost every street. The French regularly perform entire personal ablution and resort to the Maison des Bains undeviatingly, knowing doubtless its importance ; they enjoy it also as a high luxury, and in doing so, spare themselves the miseries of gout, rheumatism, apoplexy, indigestion, fevers, and all these tortures, and racking pains, that seem an Englishman's natural inheritance, for those torments are rare to the Parisians ; to this measure and temperance, may, in a great measure, be ascribed that buoyancy and elasticity that pervades the whole nation ; the blood flows freely and uninterruptedly the even tenour of its way, the head is clear, the muscles pliable, the body active, and it is proverbial they preserve health better than we do, and live longer.

Baths and bathing on the continent are the same as with us, but the tepid water baths seem to be in the most general use ; within the last few years, hot air and sulphur fumigating baths have been most successfully employed by Dr. Gales, of the Hospital St. Louis, at Paris.

CHAP. III.

There is perhaps no race of people in the world who evince so great a disregard of personal cleanliness as the English, and at the same time, no nation that piques itself so much upon the possession of that quality. This is a bold assertion, and one not likely to be relished by the multitude, but, unhappily, its boldness is only exceeded by its truth. It is a fact, I think, that will hardly admit of contradiction, that a large proportion of the population of this country, never submitted themselves to an entire personal ablution in their lives, and many an octogenarian has sunk into his grave with the accumulated dirt of eighty years upon his skin, and yet were he charged with uncleanness, would indignantly repel the assertion, and would endeavour to prove the purity of his person, by instancing the cleansing his face and hands several times daily, this he considers extreme

cleanliness, and secures a reputation for the most scrupulous neatness. A medical writer, who advocates cleanliness with much earnestness, speaking of the neglect of it in this country, says, "some disgusting economists of both time and water, reduced ablution to a habit of washing the face and hands, leaving the clothing to hide whatever dirt might accumulate on the rest of the body, and as though enamoured of its ingenuity, their descendants have never abandoned the same filthy and unwholesome practice."

Health has equally been a secondary thing with cleanliness, and instead of being as it fairly might be, a chief plea for the bath, it is never thought of. The same writer continues, "The yearly custom of visiting the watering places, has very little to do with the use of the bath: this custom, confined as it is, to a circle of society which does not compose a hundredth part of the population, is not for a moment to be placed on a footing with that constant and habitual exercise of bathing which distinguishes other countries. The hydro-maniac fever which comes on about the month of August, arises from a love of change—change of scene and amusement—

an ennui of town ; it is a fit of pleasure, it is the fashion, it is anything but a parallel to the habit it feebly caricatures."

But our author does not deprecate these annual visits to the coast, this characteristic feature of the English, but that it reduces bathing to a yearly instead of an every-day practice, and that it does much to prevent warm bathing from being adopted as a part of our national system of living.

It has been inquired, to what further cause can its neglect be ascribed, a neglect almost peculiar to this country ; it is, surely, as well suited to our physical constitution, as to that of any other nation ; there can be nothing in our climate or complaints, that should render it objectionable, and we cannot allow that cleanliness is repugnant to our tastes, habits, or feelings.

If the recommendation of the medical faculty be required, whose testimony, certainly, ought to be satisfactory, we have their most unqualified encomiums in favour of the bath, as well as those travellers who have visited the northern or eastern world, and who have received great benefit from its use.

Bathing possesses great claims upon our attention, not only as a source of great purity of person, but as a refined enjoyment, a delightful recreation: the author lately quoted, speaking more particularly of the vapour bath, says, “ We are daily inventing, and improving, and adding, by all possible contrivances, to the list of our comforts and luxuries, and endeavouring by every excess of refinement, to elevate the character of the country ; every month in the year one half of it is running mad upon some new thing in the grand scale of progression, and here is lying at our feet a great invention ; if so, that may be called, which is coeval nearly with the world,---a more valuable improvement than all the modern sources of our wealth combined ; and we take no more account of it than of the merest quackery that ever was projected.” This certainly is correct. Among the middle ranks of life, with but a few exceptions, the vapour bath is never thought of, in fact, the existence of such a contrivance is wholly unknown to many ; and with the lower classes, the necessity of bathing is entirely disregarded, and total ablution would never happen to them, if it were not for a taste for swimming some

few possess, and which is practised by them more from the love of an athletic exercise and a pastime, than from any knowledge of the benefit they accidentally receive, or the desire of cleanliness. We have a personal friend, incumbent of a large parish in Wiltshire, who pays great attention to the physical as well as religious and moral condition of his parishioners, and who states his belief, that there are few of the labouring portion of the community among whom he resides, that enter a bath, or cleanse themselves wholly, from infancy to death ; this unfortunately is not an isolated instance, it is everywhere alike, if we except the towns and villages on the coast, where the habit of bathing may be referred to the cause we have before mentioned.

As a moral, as well as a sanative agent, the bath, we think, claims some attention. What is so soothing, so allaying to the irritable impulses of the passions, as that delightful serenity of spirits which its use imparts, or where the mind refuses all subordination to moral commands ? Next, to the dictates of religion, what can be so efficacious a remedy. It establishes a certain frame of mind and body, which all must

feel is better suited to the exertion of the higher powers, and for restraining the worse.

It is not so much our object in these pages to speak of the bath as a remedy, whatever pretension it may have to that term, but as a preventive to disease; and here we would lay particular stress on the habitual use of the bath; it is impossible to obtain the full advantage to be derived from its use, from an occasional application of it, and that at long intervals: its use ought to be regular and continued, not only as a matter of personal comfort and cleanliness, but as a duty we owe to our health, and as indispensable a habit as that of washing our hands; by this means, we induce a vigorous habit of body, and a nervous energy that renders us comparatively proof against illness: it is an axiom that prevention is better than cure, and on this ground, we again earnestly enjoin the habitual use of the bath.

Of all the earthly blessings we enjoy there is none so important as health; and few things are less regarded or preserved: how little do we respect and value the apostrophe of Sterne, “Oh blessed health thou art above all gold and treasure: it is thou

who enlargest the soul, and openest all its powers to receive instruction and to relish virtue; he who has thee, has little more to wish for, and he who is so wretched as to want thee, wants everything without thee."

Jenkins, who lived to the enormous age of 160 years, invariably bathed every morning throughout his life; and, it is said, never had recourse to medicine, or required it. Many other instances are on record, where the same effect has resulted from bathing: in fact, warm bathing has always been considered useful in checking the approach of old age and prolonging life. The late Dr. Darwin used to prescribe it with these intentions, and, as he says in his writings, with considerable success.

Many persons, after travelling, suffer greatly from a feverish irritability and disturbance of the nervous system; the skin is dry, and often accompanied by rigors: this is always allayed by the vapour bath. Men who devote themselves to intellectual pursuits, find great mental exertion produce the above symptoms, and invariably find relief from the same remedy. To those also of sedentary habits, or who follow any pursuit that enervates the system

and impairs the health, the bath may be regarded as the best means of warding off any serious consequences.

To those whose rank and taste throw them into fashionable life, as it is termed, or whose position in society leads them to the indulgence of luxuries, the free use of wine, late hours, or irregularity of living, the bath proves of equal service. After excessive drinking, on the following morning, when the head is oppressed, and the nervous energies prostrated, a vapour bath is an admirable restorative; it awakens the sensibilities, subdues all feverish symptoms, and refreshes the system. The Romans, in their days of sensuality, invariably used the warm bath to relieve the effects of their dissipations, and also after being subjected to any unusual exercise or fatigue.

To invalids, who have been all their lives exposed to the enervating effects of a tropical climate, who suffer from extreme lassitude, loss of appetite, torpor of the system, hypochondriasis, nervous irritability, and the long train of symptoms that warm climates often induce, the warm bath would be found of essential benefit. In confirmation of this, the Hon. Basil Cochrane, on his return from India, some

years since, thus speaks of the vapour bath: “A very protracted residence in India had considerably deranged my constitution, and I began to feel the painful consequences. My chest was loaded with phlegm; I laboured under severe and almost incessant cough; and my voice, which was feeble and interrupted, sometimes failed me. Accident, about this time threw in my way ‘Mudge’s Inhaler.’ I made use of it with something of a prophetic assurance that it would lead to salutary results, and my success was equal at least to my expectations.

“This naturally produced reflection on the superior advantages that might be obtained from vapour upon an extensive scale, and with a more general application.

“Without the least knowlege of medicine, I clearly ascertained that nine-tenths of the complaints with which Europeans in India were afflicted originated in checked perspiration; and I conceived that to remedy this evil the best means would be an application of vapour, if it were possible to confine it in such a manner that the whole surface of the skin should be subjected to its influence.

“With ideas thus disposed, I formed such plans as held out a prospect of giving them reality ; and I laboured long to prove only the wide difference that lies between theory and practice. I will, however, pass over the various difficulties with which I struggled, and the numerous difficulties which opposed me, and content myself with noticing, that by a steady perseverance and unremitting exertions, I found myself in possession of my object.”

“I was of course the first to try the efficacy of the vapour I learnt to controul ; and such were the balmy effects it produced on my constitution, that they appeared to me the operation of magic. I expectorated with ease and very copiously, the stricture on my chest was removed, I breathed freely, my cough left me, and my whole frame acquired new health and vigour.”

So great was this gentleman’s faith in the virtues of the vapour bath, that he generously established one at his residence in Portman Square, for the use of the sick poor, and a bath was fitted for him by the author’s father. Many persons suffering under various diseases had recourse to it ; and many cases are quoted

in a book he subsequently published, in which the bath had effected extraordinary cures. Amongst others was a gentleman, who having taken a large quantity of mercury went to sea, and before he was free from its consequences rashly plunged into cold water; he was almost immediately seized with excruciating pains in all his joints, the contraction of his hands and fingers followed, his appetite forsook him, and he became extremely emaciated: in this deplorable state he took a vapour bath, and after repeating it fifteen times he perfectly recovered.

The numerous cures effected by this process attracted the attention of the faculty, who prepared a testimonial in favour of vapour bathing, which we here subjoin:

“ We have examined the improved models, as well as the baths constructed by the Honorable Mr. Cochrane, and we have no hesitation in declaring, that they are constructed with much ingenuity and simplicity, and that they possess within a small compass a degree of efficiency, accuracy, and variety of application and power, beyond anything of this nature we have witnessed: we are, therefore, of

opinion, that they would prove an admirable addition to all naval and military hospital establishments. There are few diseases in which under the superintending care of the judicious medical man, they may not at one stage or another be useful, and in the prevention of disease, as well as during the periods of convalescence, they will also produce beneficial effects."

To this document is affixed the names of nearly a hundred of the most eminent of the faculty, including Mr. Chine, Dr. Hooper, Sir Martin Tupper, Dr. Farre, Sir Astley Cooper, Dr. Carpue, Sir Charles Bell, &c.

CHAP. IV.

We will now endeavour to explain the economy of the body as relates to the blood, the immense importance of a proper circulation of that fluid, and the principal causes of its interruption ; with an exposition of the theory of perspiration and the exhalent system. In this we purpose discarding or explaining every technicality, and rendering our remarks as intelligible to the reader as the nature of the subject will admit.

The blood circulates round the body, and leaves deposits in the liver, heart, glands, kidneys, and other parts of it. Now it is very clear, that if the fluid be deranged or unhealthy, the deposites must be equally so : suppose the circulation is slow, the supply to the various organs must be deficient, and if too quick, then the different organs are surcharged and distended ; so if the blood be impure, the secretions are impure also.

The secretions of the body, numerous as they are, are affected by an imperfect circulation, so that it becomes a subject of vital importance in the economy of health, and teaches the necessity of ascertaining the causes which disturb the equilibrium of the blood, and avoiding them as much as possible, when the circulation is already deranged, to find some means of again restoring it to its healthy state.

A disturbance of the circulation may be always attributed to one cause,—a defective state of the exhalent system, which may arise from an external or internal cause.

A recent medical writer says, “ if it be internal we may trace it at once to the stomach ; let us say, for instance, that abuse of food, either accidental or wilful, is the agent : now nature, who is not niggard of exertion, is prepared to dispose of all food that is taken in season, and of the blood which it produces, and if due means are employed to keep up a good degree of perspiration, (which it is the duty of every man, if he wishes to preserve health,) she is not *very* nice about quantity or quality, but will consider that to be in reason which the wants of man really re-

quire." But it happens, that due means are not always employed, and not only, are not always, but are very seldom employed for that purpose ; and the consequence is, that the stomach creates a great deal more blood, and that impurely, perhaps, than the body can relieve itself of by the natural evacuation of perspiration, and the secretions which ought perpetually to be going on well, are from the burden which is imposed on the stomach, not perfect enough to operate effectually on such food as requires great power in the digestive process. Thus, the whole body, or some particular part, becomes bloated with blood, and bad blood too, the balance of the circulating system is upset, the perspiration is in a checked state, for want of proper means to promote the necessary freedom, health is destroyed, and disease to more or less extent the result.

If it arises from external causes, we may refer it to the atmosphere, its action on the surface on the body is very great, changes of heat or cold, as moisture, tend immediately to produce an effect on the skin, by altering its capacity to perform the secretions of perspiration, and unfitting it for the duties which a certain state

of circulation within, at the time of the change, demands. The circulation itself is then disturbed, and the health interrupted, and until perspiration is reproduced, and nature fits the skin to carry it on, as it is anew required, every thing must more or less go wrong.

The skin of the human body is a thin membrane, composed of a series of small vessels, one end of which is the outer surface, and the other, the under surface: these are called the pores of the skin or cutaneous vessels, they unite with the veins, which are situated beneath, and by that means, have direct communication with the external air, and the whole of the body within. These pores are so small as to be only visible with the aid of the microscope, and are so constituted as to prevent any external thing entering, or to admit of the blood exuding, and are for the purpose of allowing the passage of perspiration from the blood; so that when there exists a tendency for heat to increase rapidly, so in proportion, is perspiration given off through the pores of the skin.

Perspiration, it should be remembered, is continued and unintermitting, like the safety valve of a steam engine, it is the

medium by which superabundant heat escapes. The blood like water, gives off vapour whenever it is warm, and blood is always warm: and as boiling water gives off steam, and is thus prevented rising to a higher temperature than 212 degrees, so perspiration is given off when in proportion as the heat of the blood rises higher than 100 degrees ; the old nurse's plan of placing the hand on a mohogany table, to ascertain if the system be feverish or not, by the moisture left behind, is an illustration of the unremitting course of perspiration, for moisture invariably remains.

The performances of a man, Mons. Chabert, styling himself the "Fire King," who exhibited some years since in London, may yet be in the recollection of some of our readers. This man would remain in an oven while food was cooked, and performed other feats, that excited great astonishment at the time; however, the mystery no longer exists, when we know that heat cannot affect the body, if the body continue to throw off perspiration, which it will do for a long time. Sir Joseph Banks, Sir Charles Blagdon, and several others, submitted themselves for the sake of experiment, to a temperature of 50 degrees

above the boiling point of water for twenty minutes, that is, at 264 degrees, without any ill effects whatever, on the contrary, it was followed by pleasurable feelings.*

The true theory of perspiration is to be attributed to Dr. Cullen, who proved that it is this secretion which maintains the balance of heat within, and thereby, shed a vast light on medical science.

When perspiration is impeded, it usually arises from matter accumulating on the surface of the skin, from perspiration that has exuded through the skin, but neglected to be removed. This coagulates on the body, forming a thin scurf-like coating, which glues up the pores and obstructs the secretions of the skin, and suppresses all subsequent discharges, unless removed by the bath or other means. It arises from the want of exercise or too much clothing, which is very apt to collect it.

Another cause is from overloading the stomach, or some abuse of the stomach, by which the pores of the skin are gorged and rendered incapable of performing their usual functions for relieving the system.

Another cause may be attributed to cold,

* Transactions of the Royal Society, Vol. lxv. pp. 3, 484, 990.

a draught of air blowing upon the body, damp clothes, a damp atmosphere, and other contingences which contract the pores of the skin.

Under these circumstances the body requires some extraneous aid to restore the exhalents to their proper functions; and for this purpose we suggest the application of the vapour bath as the only means of effectually doing so.

Should perspiration be obstructed by an accumulation of the matter we have just noticed, the warmth and moisture of the bath soon begins to soften the scurf, which is removed, at the author's establishment, by the attendant introducing his hand through the proper apertures of the bath, and gently rubbing the whole surface of the body and removing the imperceptible impurities that stop up the pores, which is done with so much rapidity and skill as to occasion the bather no sort of inconvenience or annoyance; on the contrary, patients usually describe this operation as being highly agreeable: by this means the pores are made free, abundant perspiration is excited, and the circulation equalized.

When the pores of the skin are con-

tracted from cold, the warmth of the bath opens and enlarges them. The small veins which run everywhere beneath are distended, and the blood being withdrawn from the vital organs, refills them, perspiration finds a vent and the circulation is restored.

When the system is overloaded, the warmth and moisture acting upon the skin abundant perspiration is induced and the body regains its original tone.

Nor is this all ; the circulation regains its equilibrium : the system which was before choked up is relieved of its load ; the constitution acquires tone, the digestion is improved, the appetite increased, the head is relieved from a weight, the nervous energies increased, the limbs receive pliancy and activity, and the whole frame is refreshed and restored.

A very general opinion prevails that the warm bath is weakening. How so palpable an error can be entertained we are at a loss to account. A highly intelligent medical writer, speaking of this, says, "Because indolent people, who use themselves to intemperance of all kinds, find that a hot atmosphere relaxes their frames, that staying by the fire when they ought to be

rioting in the breeze, imparts a feeling of double sluggishness, because those who indulge late in the day in a hot bed, find the longer they lie the less energy they have ; because these and more heating causes produce such enervating results, the warm bath is to be denounced as enfeebling and relaxing ! ” But all causes which preserve or impart warmth excepting exercise or the bath, tend first or last to check perspiration ; and then come the terrible ills which afflict the body. Now the warmth of the bath is an encourager of perspiration. It is very true that excessive heat of atmosphere leaves the body bathed in moisture ; but this is the effort of an inflamed blood to relieve itself, which it must absolutely do or destroy life ; and it occurs too while the body is covered with clothing, which glues a coat of perspiration to the skin.

A very prevalent notion appears to exist, namely, that warm bathing renders persons more liable to taking cold, and they consequently forbear taking a bath unless at night when a warm bed offers its protection. This circumstance renders it necessary for the author to assert most distinctly and unequivocally, that such

fears are wholly groundless, and founded on the most erroneous views: on the contrary, the warm bath, by augmenting and accelerating the blood's circulation on the surface of the body, prepares it most fully for resisting cold. The writer also does most sincerely affirm, that neither his father or himself ever knew a single instance of a person taking cold after a vapour bath (where common precaution was observed,) during a period of half a century. If such a thing were likely to occur, it would be on cold wet days, or when the atmosphere was moist and humid: however, a sufficient precaution and protection may be observed in the use of extra clothing.

We shall now proceed to describe the different forms of bath in the most general use, with a brief exposition of their properties and application.

CHAP. V.

THE DOUCHE BATH.

Douche is derived from the French word *doucher*, to pump upon ; it is synonymous with the old neutral verb douse, to fall suddenly into water ; and consists in directing a stream of hot or cold water, or of vapour, to the part affected ; a temperature of 180 degrees or upwards is readily borne by this process. It is chiefly employed in chronic rheumatism, neuralgic affections, and all deep seated pains, and possesses the most decisive advantages in enlarged, stiff, and painful joints, nodosity of the joints as they are usually termed.

Dr. Thompson mentions a case which came under his care, the patient was able to throw away his crutches (which he had been forced to use for some years) after two months of douching ; it has been extensively used at the establishment of the

author's father, at Brighton; and many hundred cases are recorded in which its effects have been of the most extraordinary benefit; many patients have also been submitted to the writer's care, under the direction of their medical adviser, and with the most decided success.

THE SHOWER BATH.

The shower bath consists of an upright machine about seven feet in height, having at the top, a reservoir of hot, cold, or tepid water. Upon the patient entering the bath, curtains are drawn around, when he is directed to pull a cord affixed to the bath, a shower of water immediately descends, he should then be rubbed briskly with cloths, and dress with all dispatch.

It is enjoined by some medical writers, to avoid the shower bath when perspiration is present; on the other hand, that practice is recommended by contemporary writers. We know the Russians will leave the sudatory bathed in perspiration to roll themselves in the snow; and it is a common practice to leave a hot bed for the shower bath, and with the best effect; therefore, we should be more disposed to favour the opinion, that with persons of

strong habit of body, the use of the shower bath during a warm exhalation, is productive of good effect; as a general rule, it should be avoided by persons of delicate habit, as the system is not equal to the re-action.

The shower bath is generally recommended by the faculty. Dr. A. T. Thompson especially, after pronouncing a high eulogium on shower bathing, concludes by saying, "No longer like a hothouse plant drooping beneath every chilling blast does the invalid tremble at the idea of venturing abroad; he can boldly face the air and enjoy pleasure or perform the duties of life without dread or alarm."

THE VAPOUR BATH.

This form of bath demands our especial notice, not only on account of its grateful influence with those who use it as a luxury and conservative of health, but for its important curative properties in disease. It may be observed that we have throughout the whole of this work made particular mention of this description of bath, and in a tone that implied our opinion of its superiority over all other forms of bathing; in this we felt we were fully justified, and

now repeat our unqualified conviction of its inestimable value ; we are not impressed with this belief from any hasty consideration of its merits, our opinion is based on the experience of many years, and our knowledge of its efficacy in an immense number of diseases ; in this opinion we are not alone, all medical authors who have given any consideration to the subject, are unanimous in their views of its great value ; it would occupy more space than we have at our command, to individualize the eminent practitioners who have lavished their panegyrics on its many virtues ; I may, however, perhaps mention two or three that are prominent in their eulogiums, among whom may be named Dr. Kinglake, Dr. Currie, and Dr. Ridgway.

The introduction of the vapour bath into England, as far as we are enabled to ascertain, occurred about 150 years since. A book was published about this time, treating of the properties of vapour in various complaints ; this work is entitled "A Physico Medical Essay, concerning alkali and acid, so far as they have relation to the cause or cure of distempers," &c. &c. By John Colbatch, Esq., Phy-

sician, London, Printed for Dan Brown, at the Black Swan, without Temple Bar, MDCXCVI., in which the author says, "There is also a new way of sweating by the means of the volatile acid steam, arising from the evaporating brine in the making of salt at our English salt pits, lately invented by Mr. Henry Hodges, of Droyt-wych, in Worcester, by the means of which several very great things have been done, even in cases where the bath, common hummums, and bagnios, have proved altogether ineffectual. I am sorry, I am at a place where I cannot procure a number of experiments to insert in this place, which might be of service to mankind ; but to supply the place of them, I shall add something done in a little bathing house I erected of my own, wherein, I imitated if not outdid the way of sweating at Droyt-wych, but my many vocations hindered me from the prosecuting of it."

" I procured a quantity of salt from the salt rock in Cheshire, and as I had occasion, I dissolved a convenient quantity of it in spring water, making a brine as strong as that obtained from the brine pits. With this brine I filled a large iron pot, which had pipes of wood went from it to a little

room overhead, made convenient for people to sweat in ; under my pot, I made a fire which both warmed the room and made the brine to boyl, and from the boyling brine arose such quantities of steam as filled my room, which, when it was warmed and full of steam, was fit for use."

" I had besides the large pipes which supplied the whole room, several others of different lengths, by means of which, I more forcibly conveyed the steam to any particular part. By this way of sweating, I have known a gentlewoman cured, as was also one at Droyt-wych, of an invete-rate leprosy, which had eluded the efficacy of all other medicines and baths. It rarely taking off the old aches and pains. In all relations of the nerves and tenders, I have never met anything comparable to it."

" To be short, I found it as good as the bath in most things, and in many, outdid it ; and I believe, Mr. Hodges computing the time he has used the way of sweating at his brine pits, and the number of people he has had, can produce a greater catalogue, and more considerable cures wrought than hath been at the bath."

How long Dr. Colbatch continued his operations does not appear, but nothing was heard of the vapour bath for fifty years ; indeed, it is unlikely that as the brine baths were confined to one spot, a long distance from the metropolis, and at a time when the means of communication were very different to what they are now, that they were only known to the few people in the immediate neighbourhood, and were soon forgotten.

About the middle of the last century, the vapour bath was again introduced into this country by a foreign physician, named Domeniciti, he erected baths, and commenced practice at Bristol, but afterwards removing to the metropolis, opened an establishment on a grand and extensive scale, but not meeting with the encouragement his enormous outlay led him to expect, he appears soon to have relinquished it, and the vapour bath again fell into disuse.

The author's father, Sake Deen Mahomed, arriving from India, in 1784, again revived it, when its use, or even its existence, had become unknown ; to him may safely be attributed the merit of establishing the vapour bath on a firm and permanent basis in this country.

Being perfectly acquainted with its properties and application, he reduced it to a system, as a curative in disease; his success in severe chronic affections, that had resisted every other means of cure, became too manifold to escape the notice of the public, and his establishment soon became a flourishing undertaking, this success has continued until this hour.

The temperature at which the vapour bath should be used, must vary considerably with the sensations of the bather, and the nature of the complaint for which it is applied; with some, a profuse perspiration is produced by a temperature of 100 degrees, with others, 130 degrees Fahrenheit is easily borne. Dr. Davy in noticing the Turkish baths, says, "the temperature of the inner room or sudatorium, I never found to exceed 90 degrees. I thought, judging from the sensation experienced, it might be inferred to be very much higher." The temperature of the Russian bath is from 120 to 140 degrees; this, however, can be no guide, as the temperature of the vapour bath must be entirely regulated by the effect it appears to produce in the bather; as a general rule, the following scale for regu-

lating the various forms of baths, may be depended on.

The cold bath	from 60 to 75 degrees.
Temperate bath	from 75 to 85 degrees.
Tepid bath	from 85 to 90 degrees.
Warm bath	from 90 to 96 degrees.
Hot bath	from 96 to 108 degrees.

The vapour bath produces effects equal to the tepid, when the temperature is

Not breathed.	Breathed.
96 to 106 deg.	90 to 100 deg.
Warm 106 to 120	100 to 110
Hot 120 to 160	110 to 140

WARM WATER BATH.

The warm and tepid water bath is too well known to require any description here, its properties are identical with those of the vapour bath, but in a much less degree; it is the bath in most general use in this country.

The importance of shampooing as a remedial agent is now no longer denied. The extraordinary benefits that have been received from its application in a great number of diseases, especially those of a chronic character, have been fully estimated by many thousand individuals who have been preserved from a life of unceasing agony through its means.

To describe this operation is a matter of no ordinary difficulty, as it consists of a series of manipulations which can only be understood by repeatedly witnessing them, and only acquired by dint of long practice. They may be likened to the fingering of the violinist in the execution of rapid passages of music, requiring great gentleness though firmness of touch, administered with rapidity and precision.

There are various methods of shampooing, each of which is applied as occasion may require; the usual form may be explained, though somewhat imperfectly, as follows:

This process consists of friction and extention of the ligaments, tendens, &c., of the body, the operation commencing by briskly administering gentle friction gradually increased in pressure, along the whole course of the muscles, imperceptibly squeezing the flesh at the same moment: the operator then grasps the muscles with both hands whilst he kneads it with his fingers; this is succeeded by a light friction of the whole surface of the body, and the operation is completed.

When shampooing is applied for any specific affection of any particular part, as

lumbago, sciatica, &c. &c., the operator applies friction over the suffering part, lightly pinching and lifting up the skin with his fingers, the hand is then anointed with a medicated oil, which is applied with friction, the muscles are then gently pounded with the thick muscle of the hand below the thumb, which concludes the process.

Shampooing, applied with skill and judgment, has a most grateful influence on the system ; it gives a pliability and elasticity to the muscles, a freedom to every joint, and imparts an activity and suppleness to the body that is extremely invigorating and agreeable.

The operation of shampooing is an art, first practised by the inhabitants of the Eastern world, with whom it has preserved a great celebrity for very many ages. Its first introduction into this country as a curative measure, is to be attributed to Sake Deen Mahomed, who during his career as a surgeon in the military service of the East India Company, had often successfully employed it in a vast number of diseases ; arriving in this country for the first time, in the year 1784, his surprise was greatly excited by the circumstance,

that although the art of medicine had arrived to a point of perfection, that had its professors lived in the darker ages, would have subjected them to endless persecution, or perhaps death, as sorcerers ; yet the art of shampooing was little known, and certainly never practised ; it naturally occurred to him, that were its benefits known, and its uses practically developed, it would be found a most valuable preservative to health, and an incomparable remedial agent in disease ; acting upon this conviction, he determined on erecting a set of vapour baths, and selecting Brighton as the place best suited to his purpose, forthwith commenced his operations. This step met the fate of all innovations, like all great boons, like the introduction of printing, of gas lights, and the application of steam power, like anything and everything that diverges from the well trodden path of use and custom ; it met with tremendous opposition, the public press teemed with abuse, the medical faculty shook their heads and doubted, ninety-nine in a hundred of the public at large, believed it a cheat and a Hindoo juggle, and the solitary exceptions were, at the best, but sceptics ; with this powerful array of popular prejudices before him, with the

animosity of many, and the friendship of none, a stranger to the land, to the people, and the language, fortuneless and friendless, he commenced his career, a career which has continued, one uninterrupted course of success, through a period of upwards of half a century ; to what can be attributed that success, is it the success of an empiric, who sustains an ephemeral existence, an evanescent reputation, and is then forgotten, who blazes for a season with meridian light, and then the bubble bursting, sinks into the dark chasm of oblivion ; or is it the just success of a system with truth for its basis, the whole world for its example, and success for its proof : every day does its venerable introducer receive fresh proofs of its value, and each hour adds a new leaf to his laurel crown ; himself a living evidence of the baths protracting life to a green old age, he having passed through generations, being in sound health and vigour, possessing every faculty, still retaining the remarkable elasticity of his spirits, although closely approaching his hundredth year, buoyant and jocose, he is startled to think of how old he has become, compared with the little of age that is in his disposition.

CHAP. VI.

The limited size of this work will necessarily preclude me including many of the diseases for which the bath is available; we shall therefore only speak of those maladies wherein the bath is a popular remedy, relating such cases in illustration as came under our own personal observation. By reference to a book of cases lately published by the author's father, and numerous medical authorities who have written largely on the subject, it will be seen, that the bath has been extensively employed and with invariable success, its benefits may be extended over a wide range of disease, indeed there are few complaints in which it will not be found a valuable auxiliary measure in the therapeutic art.

GOUT.

Gout is derived from the French word

goute, the origin of which Dr. Good says is unknown. This distressing malady is one that demands especial attention, inasmuch as it is most harassing in its effects and very often fatal in its results. Sir C. Scudamore, in reference to this ailment, says that it is a disease not only injurious to the constitution, but destructive of the organization of the particular textures which it affects, and by such united influence tends both to shorten and embitter life. It chiefly exists among a wine-drinking community, and, when not hereditary, is generally ascribed to high feeding, inactivity of body, and epicurean indulgences of various kinds, although sudden changes from high to low diet, mental fatigue, continued bodily exhaustion, harass of mind, or excessive grief, will produce similar results.

Little appears as yet to be known of this disease. Dr. Holland, in one of his valuable works*, quotes Arctæus, who, speaking of the gout, says, Αιτην δε ατρεχεα μεν ισασι μοννοι Θεοι, εοιχνιαν δε ανθρωποι and although eighteen centuries have elapsed since the time he wrote, yet the accumulated reflection and experience of

* *Medical Notes and Reflections.*

that period has failed to shed any light upon the darkness with which it has always been obscured. Various hypotheses have been offered, much controversy engendered, but little has been deduced that can either be called satisfactory or conclusive.

For many hundred years its medical treatment was entirely disregarded, upon the ground that it was an unmanageable and incurable disease. Nor was any palliative measure sought by the physicians of that period. Even the late Dr. Sydenham recommended that the unhappy sufferer should wait patiently for its termination, as nothing could be done for him.

It is not our purpose to enter minutely into the many forms of treatment recommended by the numerous authorities who have devoted their attention to this disease; but all appear to agree in this one point, namely, that of inducing diaphoresis of the affected part. This is usually accomplished by immediately encasing the joint in fleecy hosiery or flannel, which is not only a very tedious but a very inefficient process, compared to the vapour bath; for by this aid perspiration is ra-

pidly and copiously produced, the circulation is generalized, and the blood purified, presuming the accumulation of the matter of the gout to be in the blood.

The author has witnessed many instances of patients being put into the bath during a paroxism of pain, and it has been instantaneously allayed. He does not mean to argue that this desirable effect would result in every instance, but he is prepared to contend, upon the experience of many hundred cases which have fallen under his notice, that the vapour bath will, in all instances, subdue the acute pain in a greater or less degree. One of the most recent cases is that of the Rev. — Allen, who had suffered from acute gout for many years, and after every other means of cure or palliation had been adopted by his medical attendant and the most eminent of the faculty, was eventually, as a last resource, recommended by his physician, Dr. Ryan, to the use of the vapour bath. He applied at the establishment, Ryder Street, St. James's, and was then, to quote his own words, “ hopelessly bed ridden.” He was with much difficulty conveyed from his carriage to the bath room, and was then in great torture. As

a preliminary measure, a general vapour bath was administered; upon emerging from which, he described the pain as wholly subdued; subsequently, under the suggestion of his medical attendant, a douche vapour was applied locally every alternate day, which, after being repeated twenty-seven times, he was completely cured, the swelling subsided, the paroxysms of pain became daily less frequent, until they entirely ceased, and his general health was restored; the last two or three occasions of his taking the bath, he walked from his residence, Osnaburgh Street, Regent's Park, to St. James Street, without pain or inconvenience; we have much satisfaction in adding, that he has since suffered no relapse.

The whole of the above excellent results were pronounced by the patient's medical adviser to have arisen from a plentiful discharge of perspiration, a balancing of the blood's circulation, and the secretions being by those means restored to a healthy state.

Boerharve, an eminent physician, who flourished about a hundred years since, attached so much importance to the functions of the skin, that he declared he

never knew the gout to attack any one who continued to perspire. Van Swiedan and many others have said the same. Dr. Davy whose recent work on Turkey we have lately quoted, says, "The exemption of the Turks from gout, is probably dependent on their abstinence from fermented liquors, and the regular use of the vapour bath."

The cold douche bath has been strongly recommended by Dr. Kinglake, and many other eminent practitioners, but the system is generally disapproved by the great body of the faculty, and denounced by many as a highly dangerous practice: I have applied it many times to patients in this disease, by order, and under the direction of their medical adviser, but I must admit, I never knew any benefit arise from it.

RHEUMATISM

is derived from the Greek word *ρέυματ* *ξω*, to be afflicted with defluxions, and is one of the most prevalent diseases of this country. It is generally termed the birth-right of Englishmen, and may be attributed, in a great measure, to the sudden variations of temperature to which this nation

is peculiarly subjected. In this disease the joints are swollen and heated, with great pain ; there is much fever, accompanied by thirst, with frequent pulse. It is said to be occasioned by a morbid and irregular determination of blood to the suffering part ; but the exact seat of inflammation is still disputed ; however, it is agreed, on all hands, that obstructed perspiration is the exciting cause, which is generally occasioned by wearing wet clothes, lying on damp linen, or damp rooms, or by exposure to cold air, having been much heated by exercise.

This is one of the principal diseases for which the vapour bath is conspicuously valuable ; its effects are often magical. Persons have often applied at the author's establishment complaining of torturing pain, rigidity of the muscles, feverish excitement, and other distressing symptoms, many unable to walk or remove any portion of their dress without assistance, and have issued from the bath completely restored. Many hundreds have stated that they would willingly come forward and attest the fact. In chronic cases of any particular part, the effect we do not hesitate to say is not so immediate, but

still it exerts its influence surely, steadily, and effectually. It may probably serve our purpose better to record a case in confirmation of this statement.

Mr. Robert English, who resides at His Grace the Duke of Rutland's, Belvoir Castle, Leicestershire, affords an interesting illustration of the power of bathing in this disease. Soon after he ceased taking the baths we received the following communication :

“ This is to certify, that I was seized with rheumatic fever, and after being under the doctor's hands for five weeks, I found myself totally unable to move without the assistance of another person. I had scarcely any use of my legs, and, latterly, no use of my hands. Being in this dreadful state, my friends advised me to try Mr. Mahomed's baths. On the morning of my first bath I had no use of my hands ; after my first bath, to my great surprise, I had partially the use again of both. I have now taken eight baths only, I have now the use of both hands and feet ; in fact, I am perfectly recovered : the only thing I feel is weakness from long suffering and illness. I cannot say sufficient in praise of Mr. Mahomed's baths,

as far as my own case is concerned, as I conceive they have worked a miracle, being in the short space of a fortnight restored to perfect health again.

Signed "Robert English,
" Belvoir Castle, Leicestershire,
" July 25, 1839."

Among cases may be mentioned that of Dr. Andrews, Lord Charles Bentick, Sir Charles Doyle, Mr. Fairlie, Sir John Compton, Mr. Liston (comedian), Sir Pulteney Malcom, Colonel Murray (18th Hussars), Admiral Sir John Wells, Colonel Wyndham, &c. &c.

LUMBAGO

is derived from the Latin, *lumbus*, the loin, and signifies a rheumatic affection about the loins. It is characterized by great weight and a dull pain over the lumbar region or lower part of the back, and is often extremely oppressive and painful. In this complaint a general vapour should be administered followed by the douche vapour applied locally. This should be succeeded by shampooing the affected part with medicated oils. One bath will in most cases effect a cure; but it will at

all times be removed by two or three applications.

So many hundred cases of this disease have come under our notice, we feel difficulty in selecting any particular one ; we can only repeat that it invariably yields to two or three applications of the bath.

SCIATICA.

This complaint is an affection of the sciatic nerve, which is situated on the hip and outer part of the thigh : it is of very common occurrence, and is extremely painful and distressing in its effect ; it is also a disease that yields with difficulty to the ordinary modes of cure, but which the vapour bath never fails in alleviating. We will quote one case that has lately come under our notice.

Mr. Alexander Rogers, an eminent medical practitioner had suffered from sciatica for many months ; the paroxysms of pain usually occurring in the night, so as to entirely deprive him of rest. His general health suffered very greatly in consequence, and his appearance soon indicated much emaciation and nervous debility, although before he had been a remarkably strong healthy man. After every other means of

cure had been resorted to with no success, he consented to make trial of the vapour bath. A few general and local applications of the medicated steams, with the addition of shampooing the part effected, completely removed the disease, and the patient was subsequently restored to his usual good health and spirits. We have a most flattering testimonial voluntarily sent us by this gentleman (which from its length we are compelled to omit), describing, with much minuteness and detail, the symptoms under which he laboured, and the sudden and beneficial effects of vapour bathing in this disease.

NEURALGIA,

from the Greek words *νευρον*, a nerve, and *ἄλγος*, pain, pain of a nerve, and comprehends several distressing disorders ; it is usually situated in the facial nerves, but occasionally attacks other parts, the most formidable of these is

TIC DOLOREUX,

a French term signifying a painful spasm. The author acknowledges the diffidence with which he approaches this subject, not from any want of confidence in the

method he ventures to propose for its cure, but from the general impression that exists of the impossibility of affecting a consummation so devoutly to be wished.

Perhaps there is no malady in the long and dark catalogue of diseases to which the human body is liable, that equals the above disorder in the intensity of its agony, nor one that calls forth greater sympathy for those who labour under its horrible effects, it usually occurs in paroxysms, and during their existence, the torture is of so frightful a character, that the unhappy sufferer is often goaded by the pain to a state of absolute frenzy and madness. The strongest man will shriek in the excess of his anguish, and the stoutest heart sink in utter despair.

With a disorder so unendurable in its effects, and so obstinate of cure or palliation, any system that promises the slightest mitigation of suffering to the unhappy patient, must be considered as a boon of no ordinary importance. With the conviction of its powers in this disease, we suggest the application of the bath.

Among other cases, I select that of a gentleman who had suffered from this formidable malady for many years, the

pain usually commenced about nine in the morning, and increased in intensity until twelve, when it appeared to arrive at a crisis, at which time the agony he endured was insupportable, he became infuriated into acts of the greatest extravagance, in fact, resembled a raging maniac ; soon after twelve, the pain began to lessen, and gradually subsided, until it entirely left him about three or four in the afternoon. The constant excitement soon began to undermine his health, his appetite failed, he became nervous and irritable, and at length, began to emaciate ; in this state, he applied at the author's establishment for vapour baths, and by twenty applications was radically cured.

Another interesting case is that of the Princess Poniatowski, who came from Poland, expressly for the benefits of the vapour baths at Brighton. We have been honoured by a communication from the Princess Poniatowski, which will, perhaps, sufficiently explain the circumstance of this case.

"Paris, April 26, 1825.

"Sir,—I begin by thanking you for the small viol of oil which accompanied your letter of 15th March, and beg that as

soon as you have received the parcel you have received from India, you will, according to your promise, send me a small stock of your oil, I mean the stronger of the two sorts. As you never would mention the price, allow me to present you with this small piece of plate as a token of my gratitude, which I feel myself bound in duty to acknowledge, for my perfect recovery in consequence of the treatment you prescribed. I told you, Sir, on my leaving Brighton, in the month of October last, that if the winter past without my feeling any return of the tic doloureux, with which I had been afflicted for more than eighteen months, or of the rheumatism which had tormented me for many years, I would hasten to apprise you of the complete success of your attentions. I now fulfil my engagement by writing the present to you, to which I give you leave to give full publicity, and by which I certify that I have been completely cured by the remedies you have administered to me. Farewell, Sir. Receive the assurance of my most perfect esteem.

“Le Comtesse Tyszkiewiez,

“Princesse Poniatowska.”

ASTHMA

derives its name from *αδθναζω*, to breathe with difficulty ; its symptoms are so well known, as to render any description here supererogatory ; it may be sufficient to say, that in this complaint the vapour bath is eminently valuable. Many hundred obstinate cases have come under the notice of the author and his father, all of which have yielded most decisively to the application of vapour.

DYSPEPSIA

is derived from the Greek *δυς*, with difficulty, and *ωεπτω* to concoct ; this complaint is better known as indigestion ; and is one of those unfortunate maladies that occasions great bodily inconvenience, whilst the sufferer obtains little sympathy. In the treatment of this disease, the aid of the bath is often sought, and found of extreme benefit. A book of cases recently published by the author's father, contains many instances where the bath has exercised a most desirable influence.

DISEASES OF THE SKIN.

A long train of disorders may be classed under this head, and few persons demand

a larger share of sympathy than those who labour under their distressing symptoms. What can be a more melancholy reflection, than the consciousness of having a visible and loathsome disease, a disease that will descend to our children, and our children's children, and which each succeeding generation will only serve to strengthen and perpetuate. Who can deny the effect such a conviction must have on the minds of the unhappy victims to these complaints, and the influence it must have in determining their character and habits. Is it any matter of surprise that they shrink involuntarily from coming in contact with the world, that the knowledge of carrying about an unsightly and contagious malady, should cause them to estrange themselves from society, or even the companionship of those who are bound to them by the nearest ties of relationship or affection, that they should feel themselves almost a distinct race in the social scale. We again repeat, what can more excite our commiseration, or urge the experimental philosopher to seek in the resources of science some means of alleviation, or of removing altogether from the human race this dreadful scourge.

The author cannot claim the merit of

having made the discovery, but he has an equal satisfaction in knowing that in the above distressing complaints, the vapour bath has the most decided and beneficial influence, and the experience of his father and himself, will bear him out in the assertion that it will not only tend materially to modify the symptoms, but will, in many cases, wholly eradicate the disease, even when the affection has had an hereditary origin.

Diseases of the skin are so infinite in their variety, that to attempt the briefest outline of them would occupy more space than forms the whole of this volume, besides which, a description of many would be repugnant to the general reader. We shall, therefore, confine our remarks to those few which are of commonest occurrence.

SCROFULA

is one of the most prevalent diseases of the skin, and one also most difficult of cure ; its existence is generally the result of some hereditary taint, and usually attacks persons of light complexion. This disease consists of hard indolent tumours of the conglobate glans in different parts of the

body, particularly the neck behind the ears ; the tumours eventually suppurate and form into large ulcers, from which a curdled cream-like matter is discharged. This disease, when not hereditary, is generally attributed to exposure to damp or cold, indolence, and neglect of cleanliness. This is a complaint for which the vapour bath, is constantly applied, and with the most striking success.

PUSTULES

are certain elevations of the skin, containing pus. They are usually found on the cheeks, sides of the nostrils, chin, and forehead. The base often inflames and becomes painful. The bath has the effect of preventing this eruption appearing.

CARBUNCLES.

This disease is also generally confined to the face, and is thus described : " In addition to an eruption of small suppurating tubucles, there is also a shining redness and irregular granulated appearance of the skin of that part of the face which is effected."

" The redness generally appears at first at the end of the nose, and afterwards

spreads from both sides of the nose to the cheeks, the whole of which, however, it very seldom covers. After some continuance in this state, the texture of the cuticle becomes gradually thickened, and its surface uneven or granulated."

This complaint is generally ascribed to the habitual and inordinate use of wine or other fermented fluids, although there can be no doubt that intemperance is the invariable cause. The forehead and chin are often included, but the nose appears to be the feature more particularly affected, which often becomes red, tumid, and enlarged. The vapour bath is repeatedly sought in these cases ; and all who have done so, can attest to the great benefit they have received.

BLOTTCHED FACE.

This disease is supposed to be an inflammation of the papillæ of the skin. It generally affects the face, neck, and shoulders only, but sometimes extends over the whole surface of the body. It is a very common complaint, and often presents an unsightly appearance, although seldom causing much pain or personal inconvenience to those labouring under its effects. Many cases of this kind have come under

notice, and have been completely subdued by the vapour bath.

FLESH WORM,

called by pathologists, the *acne punctatæ*, or maggot pimple, presents itself in the form of a small black spot, usually confined to the face only, particularly on the forehead, chin, and sides of the nose; these tubercles are merely sebaceous matter or concrete mucous, that indurates and cannot exude, its outer surface becoming blackened by exposure to air. They will remain in the skin for a long time, sometimes becoming inflamed and suppurating. It is usually recommended to remove them by pressure on their sides, but in that case a mark is invariably left behind, nor is the appearance visibly altered. In this disease the vapour bath may be most successfully employed, as it will not only extirpate them, but effectually prevent their recurrence.

ELEPHANTIASIS.

Two cases have been submitted to the action of the vapour at our establishment at Brighton, with the most satisfactory results. Aulus Cornelius Celcus, a physician who flourished in the golden age, that is to say, the reigns of the Emperors

Augustus and Tiberius, and whose works form a sort of text book for the student at this day, particularly recommends the sudatorium, or sweating bath, in this disease.

LEPROSY

has also received great benefit from the warm bath.

PSORIASIS,

a modification of the leprosy, the same.

ERISYPILAS,

the various forms of impetigo, scabies, ring-worm, scurvy, ichthyosis or the fish skin disease, miliary eruptions, &c. &c.

We purposely forbear from quoting cases illustrative of the efficacy of vapour bathing in the above diseases, although we have the unqualified permission of many persons who have derived the most signal benefit from its practice ; our plea for this omission is, that the publication of particular cases might inflict pain or annoyance on the friends of those persons who have granted us the privilege, added to which, as we have before stated, such a course would involve much uninteresting and unnecessary detail.

In conclusion, the author ventures to hope, that his remarks will not be con-

strued into an empirical advocacy of the bath, for he would wish it to be distinctly understood, that in the foregoing exposition of the rationale of bathing, it is not intended to imply that medical science will be rendered unnecessary by its use ; on the contrary, the author entertains the firmest conviction, that the bath is never so successfully employed as when it is applied under the direction of medical authority. It is not presumed to be an universal specific, but a valuable though neglected addition to the present extensive resources of medicine.

END.

In order to extend the benefits of the vapour baths, upon the principles of Sake Deen Mahomed, a large body of the most respectable inhabitants of Yarmouth and its neighbourhood have associated for the purpose of forming an establishment for bathing. Baths are now in the course of erection at the above favourite town, under the direction of Mr. H. Mahomed. The formation of similar establishments is contemplated at most of the principal towns in England.



ERRATA.

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